

# Cran-Apple Crisp

**Makes:** 8 servings

This red and golden whole grain dessert is a perfect balance of sweet apples and tart cranberries.

## Ingredients

- 4 apple (cored and thinly sliced)
- 1 can cranberry sauce (14 ounce, whole)
- 2/3 tablespoon margarine (soft, melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

## Directions

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>210</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>25 mg</b>
<b>Total Carbohydrate</b>	<b>50 g</b>
Dietary Fiber	4 g
Total Sugars	32 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

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